

## **ABSTRACT**

This invention relates to a method for data transmission in a telephone data transmission network (1), from a server (3) to at least one network terminal (11), characterised by the fact that:

- the server (3) acquires state information for the network (1) from traffic transmission devices on the network (1), the network (1) determining state information specific to the telephone activity of the terminal (11) and providing it as network state information, and
- the server (3) compares network state information with at least one predetermined state criterion for the network (1), to delay transmission of data as long as the state of the network (1) does not satisfy at least one state criterion.